

## Research Article

## Research on Depression and Anxiety Treatment by Home Remedies

Ashwin Singh Chouhan\*

Jai Narain Vyas University, Jodhpur, India

### Abstract

Depression and anxiety are aspects of each other, the effect of which is visible in our lives nowadays. In depression and anxiety, by using home remedies, the effect of both of us can be brought under control to a great extent. Depression and anxiety can feel opposite to each other. Anxiety disorders make us anxious in situations where others would not feel threatened. Fear creates excitement and readiness for action. Conversely, depression is associated with low energy, fatigue and feelings of hopelessness. Strange as it may sound, the same depression treatments can be used as anxiety treatments.

**Keywords:** Anxiety; Depression; Home remedies; Management; Therapy; Treatment

### Introduction

#### Depression

It's not at all unusual to feel sad, low, or hopeless from time to time, especially during difficult or painful life situations. But feelings of sadness and emptiness that last for longer than 2 weeks can suggest depression, especially when positive events or changes in your environment don't seem to have any impact on your mood. Along with a low, sad, or empty mood, depression can also involve the following symptoms: a sense of hopelessness or pessimism a lack of energy or a sense of feeling slowed down.

#### Anxiety

Most people experience some anxiety feelings of fear, nervousness, and worry from time to time. But if you experience persistent or extreme anxiety on most days for several months, you could have Generalized Anxiety Disorder (GAD) or another anxiety disorder. Anxiety disorders go beyond worry about unexpected or challenging

\*Corresponding author: Ashwin Singh Chouhan, Jai Narain Vyas University, Jodhpur, India, E-mail: ashwinsingh26061992@gmail.com

**Citation:** Chouhan AS (2022) Research on Depression and Anxiety Treatment by Home Remedies. J Psychiatry Depression Anxiety 8: 046.

**Received:** October 25, 2022; **Accepted:** October 31, 2022; **Published:** November 07, 2022

**Copyright:** © 2022 Chouhan AS. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

life circumstances. These worries can prompt lingering thoughts and fears that eventually begin to affect daily life. Difficulty managing fear and worry irritability, physical restlessness, or a sense of being on edge a sense of dread, doom, or panic.

### Managements of depression & anxiety

A therapist can offer more guidance on treatment options for anxiety and depression, but you can also take steps to cope with symptoms on your own. The strategies below may not always help, but trying different approaches at different times can help you learn more about what works for you. That insight can guide you toward a personalized toolbox of coping strategies, so you always have options to consider when feeling distressed or overwhelmed. Depression and anxiety are medical conditions, not the result of failure or weakness, and they're absolutely not your fault.

But knowing depression and anxiety result from underlying causes and triggers, not anything you did or didn't do, can promote self-compassion instead of criticism or self-punishment. Regaining some control in the moment could help overwhelming feelings feel a little easier to cope with. A daily routine or regular schedule can create structure in your life and promote a sense of control, so it can sometimes help ease feelings of anxiety and depression. Not enough sleep can worsen symptoms of both anxiety and depression - but too much sleep can also affect well-being and mood.

These tips can help you get the sleep you need: Create a soothing ritual that helps you wind down before bed. Nourishing your body with whole foods, including fruits, vegetables, lean protein, and whole grains, can help you get the nutrition you need - and it could also help improve your symptoms. Caffeine, refined sugars, and processed foods, on the other hand, could potentially worsen symptoms of both anxiety and depression. You don't need to cut these out of your diet entirely, but try to balance them with nutrient-dense foods when possible.

According to 2019 research, 2.5 hours of exercise each week can help relieve both depression and anxiety. Physical activity can help naturally boost your mood by prompting the release of "happy hormones" in your brain. That said, exercising when living with depression or anxiety can be a challenge.

If you're able to exercise, it can help to start with small activities you can incorporate into your routine, such as: Mental health conditions like depression and anxiety can affect your energy and motivation, which often only adds to feelings of guilt and worry. Remember, though: Depression and anxiety are health conditions. If you had the flu, you'd need time to rest, right? Mental health symptoms require recovery time, too. Instead of fixating on the things you think you should be doing, honor your needs by taking time for activities that soothe and relax you.

Relaxation techniques could also help reduce symptoms of depression and anxiety and improve day-to-day life. Strong relationships can go a long way toward improving your outlook and

emotional well-being when you live with mental health conditions. listen with compassion when you need to talk Simply knowing you have someone you trust in your life can often help you feel less alone, whether you actually want to talk about your symptoms or not.

## Treatment

Treating co-occurring depression and anxiety can sometimes be more complicated than treating one condition alone. Even when you get treatment for one condition, some symptoms might persist or seem to play off the others. This leaves you feeling lonely, sad, and guilty, especially when thinking of those missed opportunities, but helpless to do anything differently. A mental health care professional may recommend combining treatment approaches, since what helps ease depression symptoms may not always relieve anxiety symptoms, and vice versa.

## Therapy

Many different types of therapy can help treat anxiety or depression. Exposure therapy, an approach that helps you get more comfortable with feared situations, can treat phobias, a type of anxiety. Mindfulness-based cognitive therapy teaches mindfulness techniques along with behavioral techniques to help you begin to manage unwanted feelings and stay present through them instead of becoming overwhelmed. Acceptance and commitment therapy teaches strategies to accept unwanted or distressing thoughts, stay present, and commit to positive activities that fulfill your personal values.

## Medication

Psychotropic medication can also help reduce anxiety and depression symptoms. It doesn't help you address the cause of those symptoms, though, so your doctor or psychiatrist will typically recommend therapy alongside medication. Anti-anxiety medications, including benzodiazepines, buspirone (Buspar), and beta-blockers. These medications may help treat depression symptoms that don't respond to antidepressants alone [1].

## Nature therapy benefits mental health

Nature therapy, also called ecotherapy, is the practice of being in nature to boost growth and healing, especially mental health [2].

Nature benefits mental health spending time in green space or bringing nature into your everyday life can benefit both your mental and physical well-being. For example, doing things like growing food or flowers, exercising outdoors or being around animals can have lots of positive effects. It can:

- Improve your mood
- Reduce feelings of stress or anger
- Help you take time out and feel more relaxed
- Improve your physical health
- Improve your confidence and self-esteem
- Help you be more active
- Help you meet and get to know new people
- Connect you to your local community

- Reduce loneliness
- Help you feel more connected to nature
- Provide peer support [3].

Anxiety and depressive disorders are among the most common psychiatric illnesses; they are highly comorbid with each other, and together they are considered to belong to the broader category of internalizing disorders. Based on statistics from the Substance Abuse and Mental Health Services Administration, the 12-month prevalence of major depressive disorder in 2017 was estimated to be 7.1% for adults and 13.3% for adolescents [4].

Mental health is one of the most important health indicators that cause considerable morbidity [5]. Anxiety and depression have been associated with adverse societal and individual correlates, including higher health care costs [6-8].

## Herbal remedies

As mentioned above, both depression and anxiety include intrusive negative thoughts, restlessness and irritability, fatigue, sleeping problems and concentration difficulties. Because they have so much in common, there are methods that can help you tackle both conditions at once. Some daily routines are especially linked with depression and anxiety, and a few lifestyle changes can act as highly effective depression and anxiety remedies that markedly reduce your symptoms. Here they are:

## Regular exercise

Regular exercise is a well-researched, effective treatment for both depression and anxiety. It's also the only antidepressant strategy that has an immediate effect on your symptoms. A sweaty walk increases mood and concentration right away, whereas antidepressant medications usually need several weeks to work.

## Mindfulness meditation

Mindfulness meditation can be considered among the most valuable depression and anxiety remedies. You can think of mindfulness meditation as a way to get to know your mind and body from the inside.

Regular meditation practice teaches you how to spot early signs of depression and how to stop them from spiraling into a depressive episode. Additionally, regular meditation will help you manage strong emotions, which is more than valuable when dealing with depression and anxiety. Take a look at this 4-minute video, explaining mindfulness meditation and its benefits.

## Eating a Mediterranean diet

The research team let one group of depressed people eat a Mediterranean diet for 12 weeks. And another group of depressed people ate as usual and received social support for 12 weeks. The researchers found that one-third of the Mediterranean group completely recovered from depression, just by changing their eating habits.

## Improving sleep quality

As you may have noticed, both depression and anxiety come with sleeping problems. Sleeping poorly makes it difficult to concentrate and manage strong emotions, that is, poor sleep intensifies the

symptoms of depression and anxiety. Luckily, the opposite is also true. Better sleep quality deserves a place in your depression and anxiety remedies playbook [9].

## Methods and Materials

We conducted this research paper by observing the different types of reviews, as well as conducting and evaluating literature review papers.

## Results

We found in our research that the effect of both of us can be controlled to a great extent by using home remedies in depression and anxiety. Depression and anxiety can be brought under control by home remedies like regular exercise, regular mindfulness meditation practice, Eating a Mediterranean diet, Improving sleep quality. Depression and anxiety can feel opposite to each other. Anxiety disorders make us anxious in situations where others would not feel threatened. Conversely, depression is associated with low energy, fatigue and feelings of hopelessness.

## Conclusion

Depression and anxiety have become a part of today's life, both of them keep coming in our life. Depression and anxiety are aspects of each other, whose effect is visible in our lives nowadays. Depression and anxiety can be controlled to a great extent with the use of home remedies for both depression and anxiety.

Anxiety disorders make us anxious in situations where others would not feel threatened. In the same depression, we do not feel well, feel tired, feel hopeless and feel threatened about the future.

## Acknowledgment

We grateful thanks to all the sincere and extremely helping friends for their support and help for the completion of work. Last but not the least, we thankful to all those who cooperated and helped me directly or indirectly to carry out this work.

## Ethical Approval

Ethical approval was not required for this letter. All data used is publicly accessible.

## Funding

There were no external sources of funding for this research.

## Declaration of Competing Interest

All authors are, do not report any conflicts of interest in the writing of this letter.

## References

1. Healthline (2022) Depression and Anxiety: How to identify and treat coexisting symptoms. Healthline, New York, USA.
2. Laguaite M (2021) Do you need a nature prescription? WebMD, New York, USA.
3. Nature and Mental Health (2022) How can nature benefit my mental health? Nature and Mental Health, Cardiff, UK.
4. <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/nsduhffr2017/nsduhffr2017.htm>
5. Mohammadi MR, Davidian H, Noorbala AA, Malekafzali H, Naghavi HR, et al. (2005) An epidemiological survey of psychiatric disorders in Iran. *Clin Pract Epidemiol Ment Health* 1:16.
6. Konnopka A, König H ((2020) Economic burden of anxiety disorders: A systematic review and meta-analysis. *Pharmacoeconomics* 38: 25-37.
7. König H, König HH., Konnopka A (2019) The excess costs of depression: A systematic review and meta-analysis. *Epidemiol Psychiatr Sci* 29: 30.
8. Hohls JK, König HH, Raynik YI, Hajek A (2018) A systematic review of the association of anxiety with health care utilization and costs in people aged 65 years and older. *J Affect Disord* 232: 163-176.
9. <https://www.flowneuroscience.com/blog/4-at-home-depression-anxiety-remedies-that-work/>.



- Advances In Industrial Biotechnology | ISSN: 2639-5665
- Advances In Microbiology Research | ISSN: 2689-694X
- Archives Of Surgery And Surgical Education | ISSN: 2689-3126
- Archives Of Urology
- Archives Of Zoological Studies | ISSN: 2640-7779
- Current Trends Medical And Biological Engineering
- International Journal Of Case Reports And Therapeutic Studies | ISSN: 2689-310X
- Journal Of Addiction & Addictive Disorders | ISSN: 2578-7276
- Journal Of Agronomy & Agricultural Science | ISSN: 2689-8292
- Journal Of AIDS Clinical Research & STDs | ISSN: 2572-7370
- Journal Of Alcoholism Drug Abuse & Substance Dependence | ISSN: 2572-9594
- Journal Of Allergy Disorders & Therapy | ISSN: 2470-749X
- Journal Of Alternative Complementary & Integrative Medicine | ISSN: 2470-7562
- Journal Of Alzheimers & Neurodegenerative Diseases | ISSN: 2572-9608
- Journal Of Anesthesia & Clinical Care | ISSN: 2378-8879
- Journal Of Angiology & Vascular Surgery | ISSN: 2572-7397
- Journal Of Animal Research & Veterinary Science | ISSN: 2639-3751
- Journal Of Aquaculture & Fisheries | ISSN: 2576-5523
- Journal Of Atmospheric & Earth Sciences | ISSN: 2689-8780
- Journal Of Biotech Research & Biochemistry
- Journal Of Brain & Neuroscience Research
- Journal Of Cancer Biology & Treatment | ISSN: 2470-7546
- Journal Of Cardiology Study & Research | ISSN: 2640-768X
- Journal Of Cell Biology & Cell Metabolism | ISSN: 2381-1943
- Journal Of Clinical Dermatology & Therapy | ISSN: 2378-8771
- Journal Of Clinical Immunology & Immunotherapy | ISSN: 2378-8844
- Journal Of Clinical Studies & Medical Case Reports | ISSN: 2378-8801
- Journal Of Community Medicine & Public Health Care | ISSN: 2381-1978
- Journal Of Cytology & Tissue Biology | ISSN: 2378-9107
- Journal Of Dairy Research & Technology | ISSN: 2688-9315
- Journal Of Dentistry Oral Health & Cosmesis | ISSN: 2473-6783
- Journal Of Diabetes & Metabolic Disorders | ISSN: 2381-201X
- Journal Of Emergency Medicine Trauma & Surgical Care | ISSN: 2378-8798
- Journal Of Environmental Science Current Research | ISSN: 2643-5020
- Journal Of Food Science & Nutrition | ISSN: 2470-1076
- Journal Of Forensic Legal & Investigative Sciences | ISSN: 2473-733X
- Journal Of Gastroenterology & Hepatology Research | ISSN: 2574-2566
- Journal Of Genetics & Genomic Sciences | ISSN: 2574-2485
- Journal Of Gerontology & Geriatric Medicine | ISSN: 2381-8662
- Journal Of Hematology Blood Transfusion & Disorders | ISSN: 2572-2999
- Journal Of Hospice & Palliative Medical Care
- Journal Of Human Endocrinology | ISSN: 2572-9640
- Journal Of Infectious & Non Infectious Diseases | ISSN: 2381-8654
- Journal Of Internal Medicine & Primary Healthcare | ISSN: 2574-2493
- Journal Of Light & Laser Current Trends
- Journal Of Medicine Study & Research | ISSN: 2639-5657
- Journal Of Modern Chemical Sciences
- Journal Of Nanotechnology Nanomedicine & Nanobiotechnology | ISSN: 2381-2044
- Journal Of Neonatology & Clinical Pediatrics | ISSN: 2378-878X
- Journal Of Nephrology & Renal Therapy | ISSN: 2473-7313
- Journal Of Non Invasive Vascular Investigation | ISSN: 2572-7400
- Journal Of Nuclear Medicine Radiology & Radiation Therapy | ISSN: 2572-7419
- Journal Of Obesity & Weight Loss | ISSN: 2473-7372
- Journal Of Ophthalmology & Clinical Research | ISSN: 2378-8887
- Journal Of Orthopedic Research & Physiotherapy | ISSN: 2381-2052
- Journal Of Otolaryngology Head & Neck Surgery | ISSN: 2573-010X
- Journal Of Pathology Clinical & Medical Research
- Journal Of Pharmacology Pharmaceutics & Pharmacovigilance | ISSN: 2639-5649
- Journal Of Physical Medicine Rehabilitation & Disabilities | ISSN: 2381-8670
- Journal Of Plant Science Current Research | ISSN: 2639-3743
- Journal Of Practical & Professional Nursing | ISSN: 2639-5681
- Journal Of Protein Research & Bioinformatics
- Journal Of Psychiatry Depression & Anxiety | ISSN: 2573-0150
- Journal Of Pulmonary Medicine & Respiratory Research | ISSN: 2573-0177
- Journal Of Reproductive Medicine Gynaecology & Obstetrics | ISSN: 2574-2574
- Journal Of Stem Cells Research Development & Therapy | ISSN: 2381-2060
- Journal Of Surgery Current Trends & Innovations | ISSN: 2578-7284
- Journal Of Toxicology Current Research | ISSN: 2639-3735
- Journal Of Translational Science And Research
- Journal Of Vaccines Research & Vaccination | ISSN: 2573-0193
- Journal Of Virology & Antivirals
- Sports Medicine And Injury Care Journal | ISSN: 2689-8829
- Trends In Anatomy & Physiology | ISSN: 2640-7752

Submit Your Manuscript: <https://www.heraldopenaccess.us/submit-manuscript>